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Navy Operational Stress Control (OSC) Leader Training is a 1-day course designed to provide practical and effective specialized training to Navy Officers and Chief Petty Officers.

Leaders play a critical role in the well-being of Sailors and their families, especially when it comes to recognizing and addressing combat and operational stress issues. The Navy OSC- Leader course provides Line Leaders with the skills to reach out to shipmates with the appropriate help before, during and after combat and other operations.

Navy OSC Lead Objectives

KNOWLEDGE

- Understand positive and negative effects of stress
- Understand skills for navigating stress
- Understand sources of operational stress
- Understand stress zones, impacts of stigma and what leaders can do
- Know where and when to get more help when needed

APPLY

- The Five Core Leadership Functions (Strengthen, Mitigate, Identify, Treat, and Reintegrate)
- After Action Reviews (AARs) to mitigate stress
- Replenish resources
- Combat Operational Stress First Aid (COSFA)
- Stress Continuum (Ready, Reacting, Injured, Ill)
- Decision Matrix to identify stress reactions, injuries, and illnesses
- Resources

Navy Operational Stress Control Leader Training

Pre-Conference Workshop

**Monday
25 April 2011**

Town & Country Resort
and Convention Center
San Diego, CA

www.nccosc.navy.mil

[Click Here
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